

Korean Tofu Soup - A Spicy, Comforting Bowl of Bold Flavors

Korean Tofu Soup - A Comforting Bowl of Spicy, Savory Goodness



TIME
3 min

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INGREDIENTS

- 1 block of firm tofu, cut into small pieces
- 2 tbsp sesame oil
- 1 clove garlic, minced
- 1 small onion, minced
- 1 tsp ground ginger
- 1 tsp salt
- ¼ tsp black pepper
- 2 cups beef or vegetable broth
- 2 cups water
- 1 tsp gochujang (Korean chili paste)
- 1 tsp soy sauce
- ... cup chopped green onions
- ... cup toasted sesame seeds

DIRECTIONS

- Sauté Aromatics:** Heat sesame oil in a large pot over medium heat. Add garlic, onion, and ginger. Stir and cook until fragrant, about 2-3 minutes.
- Brown the Tofu:** Add tofu cubes and cook for 3-4 minutes until golden on the outside.
- Add the Broth and Seasoning:** Pour in broth and water. Stir in gochujang, soy sauce, salt, and pepper. Mix well and bring to a boil.
- Simmer:** Reduce heat and simmer for 10-15 minutes, allowing flavors to meld and the tofu to absorb the broth.
- Finish and Serve:** Add green onions and sesame seeds. Stir gently. Serve hot with steamed rice or noodles.

TIPS FOR SUCCESS

Cut Tofu Evenly : Uniform pieces help with even browning and better texture.

Use a Good Broth : Homemade or high-quality store-bought broth enhances the depth.

Adjust Heat : Add more or less gochujang depending on your spice preference.

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